

# Vegan Prisoners Support Group

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~ working with ~



## VPSG/Vegan Society Awards - 2006

### Prisons in the Public Sector

*Note: In order to be nominated for our awards a prison needed to be following the basic nutritional recommendations listed in our Catering Information Pack which includes the weekly provision of 3½ litres fortified soya milk /nuts /grains, beans and pulses and a variety of coloured vegetables & fruit. Many prisons have not only fulfilled this requirement, but endeavour to offer like-for-like for their vegans.*

*Therefore, looking through the nominations for the awards it was a difficult decision, as so many Catering Managers are excelling in their care of this minority group. However, after much deliberation our two top awards have been awarded [in alphabetical order] to HMP Morton Hall/Mike Saint and HMP Nottingham/Phil Marshall which are both well earned. The following prisons were very close behind and will receive our Highly Commended Award: Everton Cummings/HMP Downview, David Clough/Isle of Wight Catering, Dave Rankin/HMP Moorland [Closed].*

The following paragraphs show the high standard in place:

#### HMP Morton Hall - Catering Manager Mike Saint

Mike Saint tries to ensure that any strict vegan is catered for on a like-to-like basis.

He provides a nutritional and inventive diet; he also provides 5-a-day and amongst the vegan options are tofu dishes, asparagus soup, ratoutille, green lentil dhal, nut & carrot salad, spicy bean stew and moussaka. In addi-

tion to the 3½ litres of fortified soya milk, the weekly packs contain Scheese, mixed nuts, seeds, soya yoghurts and rice cakes as well as even a vegan chocolate bar - which would be a real treat as prisoners are still at the moment unable to buy such items through most prison shops. Well done Mike - you've certainly set an excellent example for equal opportunities for vegans.

#### HMP Nottingham - Catering Manager Phil Marshall

Phil Marshall is a very conscientious Catering Manager who strives hard to ensure equal opportunities and a nutritional sound diet is provided to any vegan who arrives at his prison. The vegan diet offers 5-a-day including a variety of different coloured vegetables, as well as a variety of fruit with many in-house cooked dishes, in order to ensure plenty of vitamins and minerals are provided in the daily diet.

In addition to the 3½ litres of fortified soya milk/week, mixed nuts, peanut butter, marmite, flapjacks, vegan desserts are issued, as well as ensuring an Iodine supplement is available. There is also a multi-choice system available to vegans. Phil also has input into our ongoing work for equal opportunities for vegans and he and his staff fully deserve this award for the efforts they make in catering for this minority group.

*continued overleaf*

### Last Year's Award Winners

Last year's award winners Wayne Hodges HMP Rochester/HMP Cookham Wood and Stuart Head now at HMP Whitemoor offered to stand aside in

order to open the opportunity to other prisons. However, both Wayne and Stuart are still offering a high standard of care for this minority group as you will read below:

#### Stuart Head - HMP Whitemoor

Stuart Head continues with his input into our work to ensure equal opportunities for vegans and his ideas are still very much an important part of our work progress - all done in his own time [*when he isn't on the golf course that is*]. Since his arrival at HMP Whitemoor the dietary requirements of vegans has been completely revised with the help of his staff. Now as well as offering 5-a-day, there are a variety of interesting and healthy vegan options available, including nuts, pulses, beans, brown rice and a variety of fruit and vegan puddings featuring regularly on the menu choices. With the Festive Season in mind his vegans will also be provided with Cranberries and Ginger as well as Soya Yoghurts and Scheese. Stuart feels that an iodine supplement should be available through Healthcare Departments and continues to work on this issue.

#### Wayne Hodges - HMP Rochester and HMP Cookham Wood

Wayne continues to forge ahead with his care of vegans with the aid of Linda in his kitchens at HMP Rochester. They continue to cook quite a number of their nutritional and tasty vegan dishes in-house which include tofu,

*continued on back page*

### THANKS

The high standard of catering for vegans couldn't have been achieved without the help and support of Alan Tuckwood who has been our guiding light over the past 11 years.

# VPSG/Vegan Society Awards - 2006

## Prisons in the Public Sector

*continued from front page*

### HMP Downview - Catering Manager Everton Cummings

Everton always strives to ensure a well balanced and varied vegan diet is on offer. The vegan option includes tofu, quinoa, nuts, brown rice, pulses, eibly and a variety of grains, as well as providing amongst his 5-a-day a selection of rainbow vegetables and fruit in order to provide sufficient vitamins/minerals and antioxidants.

In addition to the 3½ litres of fortified soya milk/week, fortified yeast extract, dried fruits, nuts and plenty of fruit are provided in order to ensure a nutritionally sound diet. Everton is currently in talks with Healthcare regarding the provision of a suitable Iodine supplement and/or considering issuing VEG1 [which contains an Iodine source] with the weekly pack for strict vegans.

### Isle of Wight Catering - Head of Catering David Clough

David and his team provide meals to the three prisons on the Isle of Wight

and to our knowledge were the first prison to offer a daily vegan pudding (see page 3), plus fruit as well as ensuring the vegan diet is nutritionally sound.

In addition to the varied healthy vegan option which includes 5-a-day and a variety of pulses and grains, he provides 3½ litres of fortified soya milk/week, peanut butter, mixed nuts and fruit juice. He is also in discussions with his Healthcare Department regarding the provision of Iodine in the form of a suitable kelp supplement for any strict vegan at any of his establishments.

### HMP Moorland [Closed] - Catering Manager Dave Rankin

Dave and his staff work extremely hard to try to provide a well balanced vegan diet and even attempts to tailor the diet for any strict vegans. The vegan option, as well as providing the 3½ litres fortified soya milk/week, regularly includes brown rice, the 5-a-day incorporates a variety of vegetables and fruit to balance the nutritional value. In addition dried fruits, soya desserts, mixed nuts, marmite

and peanuts are provided. He also endeavours to provide such items as pumpkin, sunflower and linseeds and an Iodine supplement in the form of VEG1. Dave also participates in our nutritional study of vegans and he often calls our office to be kept up-to-date on vegan issues.

### Other Nominations

The following prisons [in alphabetical order] were also nominated for this year's award - unfortunately it is impossible to present awards to every prison, but there is always next year:

- HMP Ashwell - Catering Manager Keith Giannasi
- HMP Birmingham - Catering Manager Grahame Rogers
- HMP Kingston - Catering Manager Vince Wiseman
- HMP The Mount - Catering Manager Dawn Bradford
- HMP Wayland - Catering Manager Richard Stone
- HMP Woodhill - Catering Manager Keith Gilmore

## Prisons in the Private Sector

The standard of care over the past year has risen dramatically at some prisons in the private sector:

### HMP Bronzefield - Catering Manager Jamie Gibson

Jamie Gibson works hard to incorporate our recommendations to ensure vegans have a varied and nutritionally sound diet.

The vegan options include a variety of pulses and beans, brown rice, and also quinoa and millet amongst their grain dishes and a variety of pulses and beans are regularly available.

Stuffed aubergines, courgettes and pine nuts, stuffed peppers, nut balls and ratatouille are just a

few of the choices.

A variety of fresh fruit is available and most days there is a fresh salad which includes a variety of rainbow vegetables and nuts. The 3½ litres fortified soya milk/week, mixed nuts and fruit are issued separately. He has therefore earned his award for his efforts in catering for vegans.

### Other Nominations

Another Kalyx prison was amongst the private prisons nominated and they were **HMP Peterborough - Catering Manager Robert Richardson**, but we only had one award - maybe next year?

## All Round Award

### HMP Lowdham Grange [Serco] - Catering Manager Graeme Mann and Prison Shops David Lee

A very progressive prison which provides a nutritionally sound and varied vegan diet which regularly includes brown rice, tofu, whole lentils and even soya flour to enhance the vegan dishes.

They fulfil the 5-a-day and 3½ litres fortified soya milk/week recommendations and provide a variety of different coloured fruit and vegetables. In addition they also provide an individual budget for other essential vegan requirements, such as

nuts, seeds, and Iodine supplements etc. In our opinion HMP Lowdham Grange have not only ensured equal opportunities for vegans in their dietary requirements, but also ensured equal opportunities are offered in their prison shop by adopting individual requirements via a direct Suma order.

Therefore, their commitment to ensure vegans equal opportunities in all areas has earned them a combined award for excellence. ***This is the first time this particular award has been given to any prison.***

# Catering Conference - April 2006

The Vegan Prisoners Support Group and Vegan Society were invited to the National Catering Conference for prisons in the public sector. This took place in April and what better topic than celebrating diversity? The work of the VPSG featured in the programme along with the work of other minority groups.

We spent time networking with various catering managers and found this extremely useful. We also attended the relevant seminars, and watched the cookery workshops with interest.

We became aware that catering managers would like more information on catering for vegans. With this in mind we are producing our first prison cook book which will be out in the new year.

All in all it was a great two days and we look forward to the next conference.

## Celebrating Diversity - a Vegan Society Perspective by Roz Raha

When the VPSG invited me to come along, I was delighted. It gave me the chance to network and discuss vegan issues with Catering Managers.

All of the vegan information packs went: I wished we had produced more! And I hope that those who took copies of The Vegan magazine, the 'Why Vegan?' booklet and other information resources had the chance to read them; because understanding the reasons why some people choose to become vegan helps in understanding vegan needs.



The Vegan Society's next challenge is to help hospitals, schools and care homes provide the excellent standard of food that is provided to vegan prisoners.

Thanks again to all of the Catering Managers who came to talk to us.

## Vegan Puddings Taking Off

Well done to David Clough (the Catering Manager for HMP Albany, HMP Camp Hill and HMP Parkhurst) for his wonderful summer sweets menu, which is below and has been in place since April. They have won a well-deserved commendation in the VPSG/Vegan Society prison awards for best vegan catering.

### Summer Vegan Sweet Menu 2006

Week 1	Week 2
<b>Monday</b> <i>Fruit Cocktail + Soya Cream Topping and Apple(2)</i>	<b>Monday</b> <i>Apple Pie &amp; Soya Custard and Orange(2)</i>
<b>Tuesday</b> <i>Semolina Pudding and Orange(2)</i>	<b>Tuesday</b> <i>Fruit Cocktail +Soya Cream Topping and Apple(2)</i>
<b>Wednesday</b> <i>Baked Stuffed Apple and Banana(2)</i>	<b>Wednesday</b> <i>Tapioca Pudding and Pear(2)</i>
<b>Thursday</b> <i>Rhubarb Crumble &amp; Soya Custard and Banana(2)</i>	<b>Thursday</b> <i>Pineapple Crumble &amp; Soya Custard and Orange(2)</i>
<b>Friday</b> <i>Rice Pudding and Apple(2)</i>	<b>Friday</b> <i>Rice Pudding and Pear(2)</i>
<b>Saturday</b> <i>Peaches + Soya Cream Topping and Orange(2)</i>	<b>Saturday</b> <i>Pears + Soya Cream Topping and Apple(2)</i>
<b>Sunday</b> <i>Apple Crumble &amp; Soya Custard and Banana(2)</i>	<b>Sunday</b> <i>Mixed Fruit Crumble &amp; Soya Custard and Banana(2)</i>

## N.H Case and Yearsleys Vegan Items

The following are currently vegan and include some new items

### N.H Case

Suitable vegan items are Vegetable Pie, Vegetarian Sausage, Breaded Vegetarian Finger, Findus Falafel Nuggets, Nasigorenge Patties, Noodle Patties and Plain Tortilla Wraps. Also some prisons stock their Vegan Halal Veg Meals.

### Harry Yearsley

Suitable vegan items are Realeat Sausages, Vegetable Patties, Vegetable Samosas, Thai Noodle Burger and Cranberry Apple Grill.

## DBC Ravioli and Yearsleys Bean Burger are not vegan!

Please note that DBC ravioli is not suitable for vegans as it contains egg albumen (as there is less than 2% DBC do not have to declare it on the packaging).

Yearsley have reformulated their bean burger and it is no longer vegan.

## Prison Cook Book

The prison cook book is well on it's way to completion, your free copy will be in the post in 2-3 months time.

# The Iodine Issue

Iodine is an important trace mineral essential to human life. The average adult requires 140mg/daily for the proper functioning of the thyroid gland and it is required by the body for the synthesis of the thyroid hormones and to bind cell membranes. It would be impracticable to provide this amount in the prison kitchen unless seaweeds were to be cooked and served daily in the correct amount.

## Iodine deficiency in the vegan diet - Goitre

The most common cause for goitre in the world is iodine deficiency (E01), which causes goitre in a widespread way in an iodine deficient diet.

In order to avoid thyroid disease such as goitre, making supplements containing kelp available essential.

## How to ensure your vegan prisoners do not get an Iodine Deficiency

Either arrange for a vegan kelp supplement to be issued daily through your Healthcare Department or take advantage of the Special Offer of VEG 1 details below:

## Veg1 multi-vitamin special offer to prisons!

VEG1 is a new multivitamin available from the Vegan Society which provides Vitamin B2, B6, B12, D, Folic Acid, Iodine and Selenium.

Special price to prisons is £3.00 per tub plus postage. Each tub contains 90 tablets which is a three month supply. If you would like to take advantage of this offer contact The Vegan Society on 01424 448 831



## Update on HMP Rye Hill -

### Catering Manager Jonathan Roberts

Several visits were made to HMP Rye Hill [a GSL prison] since one of our test cases arrived and we were recently informed by Ian Wilson their ACM that our recommendations have been taken on board.

We have since heard that there are eight happy vegans now munching their way through delicious salads containing grated carrot, beetroot, peppers, broccoli, cauliflower, bean shoots and nuts each lunchtime and that some inventive evening meals are now being provided. Keep up the good work - if this standard continues there may be an award next year?

## Last Year's Award Winners

*continued from front page*

nuts, seeds, wholegrains and their famous chocolate and raspberry vegan cake [which will appear in our new cookbook shortly]. The varied vegan options show the extent of their culinary skills. Even their grab bags are filled with tasty healthy fillings such as: Scheese, Tofutti Spread [both vegan cheese alternatives], Vegan Garlic Sausage. Home-made Houmous, Roasted Vegetables, Peanut Butter/Banana and Realeat Sausages to name a few and even accompanied by a vegan yoghurt. Wayne also felt, as it was impracticable to include iodine in the diet, that a supplement should be provided by the prison and arranged for an Iodine source to be available through the Healthcare Department.

## HMP Birmingham 1996-2006

Earlier this year three of our test cases arrived at HMP Birmingham - at first when I was handed the file I wasn't happy about dealing with this prison as my last contact was firmly imprinted in my mind.

I was taking the emergency calls over Xmas in 1996 when I received a call from two prisoners asking for advice/help on Xmas day. They informed me they had just been offered a cold corn on the cob and vegetables for their dinner. I telephoned the prison and was quite surprised at the response I received from Mr. Green the Catering Manager [now long retired]. His comment was he wasn't at all concerned and was not prepared to do anything about it as he was on his way home to enjoy his Xmas dinner with all the trimmings!

So when I picked up the telephoned to call the new Catering Manager I wondered what type of reception I would receive, but after just a few minutes I realised there was certainly a difference in the way the Catering Department was now run under Steve Yates [now retired too].

From the start he was happy to discuss the requirements of these three

lads and was not only receptive, but determined that they would be catered for properly. I remember thinking what a distance we have travelled regarding the care of this minority group.

During my call I explained these three prisoners had agreed to be part of our study on this minority group in prison and he agreed to allow them to participate in our nutritional trials. So in went our packs of nutritional items mixed nuts, pumpkin, sesame, sunflower seeds and dried fruits which are some of the mainstays of a vegan diet outside prison, together with our questionnaires.

During the many pleasant conversations we had over the next few months or so we discussed the ongoing 'iodine' issue and offered trials of VEG1. However, Steve said he felt he should be providing all the nutritional requirements within his budget, so HMP Birmingham became the first prison to order VEG1 from The Vegan Society - well done Steve we only have praise for your efforts in ensuring equal rights for vegans and if you read this, hope you are having an enjoyable retirement. Jo-Ann Brown

# Vegan Prisoners Support Group

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Prison Retail/Visits Centre News-sheet No. 1 November 2009

To: Governors/Diversity Managers/Prison Shop Managers

## 1994-2009: 15 years of campaigning for equal opportunities for vegan prisoners

**WELCOME** to the first edition of our Prison Retail/Visits Centre news-sheet. The aim of this news-sheet is to not only include news on the addition of two new mail order catalogues and to list the range of vegan products now available on the full National Product List, but also to include other useful information on the care of this minority group.

In this issue we have also listed items already available from Greenham Trading i.e. Safety Boots and Prison Issue Toiletries which are suitable for all prisoners, including vegans - see page four.

### **VPSG/Vegan Society Catering Awards:**

For the past six years a number of prisons have been nominated for our Catering Awards for their efforts to ensure that vegan prisoners are offered a nutritionally sound and varied diet. Two prisons in the public sector have also been awarded our Gold Star awards as they have held their high standard for three consecutive years.

Our **Gold Star-Plus Award** is for the prison which offers equal opportunities in all areas of the care of vegan prisoners. The successful prison needs not only to provide a nutritionally sound and varied vegan diet, but is required to offer equal opportunities in their retail provision and other areas. This particular award has been won for two consecutive years by HMP Lowdham Grange, a Serco Prison.

As our award scheme has created so much interest we decided to add two further categories. (For more details see page three.)

### **Contents**

- Two new mail order catalogues approved
- Vegan items on the National Product List
- Special Awards
- VPSG meets with Prison Retail Team
- Greenham Trading shoes/toiletries

### **August 2009: two mail order catalogues approved by the prison service**

VPSG has been highlighting its concerns that vegans are disadvantaged in Prison Shops since 1994. In August 2008 NOMS awarded a new national contract for the provision of retail services in public prisons in England and Wales. The service included a new National Product List that extended the range of products available for order by minority groups, including vegan prisoners, to provide daily essentials such as shampoo, chocolate and a variety of snack items.

In August 2009 this was further enhanced by the expansion of the mail order service offering access to two additional companies supplying a range of health supplements including nuts and seeds and toiletries that are suitable for all prisoners, including vegans, through the Catalogue Process.

However, this doesn't mean it's all plain sailing for vegan prisoners from now on as it is still a local prison decision whether to include standard products on local order forms, or to add these companies to their Catalogue Solution.

VPSG is continuing to work with NOMS and the retail providers to secure further improvements to the selection of products and cost of delivery. Efforts also need to be concentrated on vegan prisoners' footwear.

### **After 15 years of VPSG highlighting vegan prisoners were disadvantaged prisons can now offer equal opportunities**

We are pleased to announce that facilities are now available for Governors to ensure their vegan prisoners are no longer disadvantaged.

In the past this minority group has been unable to purchase suitable vegan hygiene or bodycare products or any *nice-to have's* similar to items other prisoners can purchase. Each time a specialist order was required special permission had to be obtained from the Governor.

Prisons can now choose to:

- include the vegan products available on the National Product List on the establishment's local canteen order form.
- approve the use of the new mail order companies Honesty Ltd. and Holland & Barrett as catalogue suppliers.

Prisoners can then order vegan items such as brazils, walnuts, hazelnuts, peanuts, sunflower seeds, dried fruit, herbal tea bags and vegan hygiene/bodycare products.



#### **Honesty Cosmetics Limited:**

This company can provide vegan hygiene/bodycare products for both sexes. None of their products are tested on animals so meet the strict vegan criteria.  
[www.honestycosmetics.co.uk](http://www.honestycosmetics.co.uk)

**HOLLAND & BARRETT**

#### **Holland & Barrett:**

This company can provide nuts, seeds, herbal teas and some vegan supplements.  
[www.hollandandbarrett.com](http://www.hollandandbarrett.com)





From left to right: Verity Hunt-Sheppard (Vegan Society), Audrey Matania (VPSG), Charlotte Dodden (NOMS), Jo-Ann Brown (VPSG), Sarah Haverson (NOMS), Zoe Brewin (NOMS) discussing which vegan products to include on the product list.

## Vegan Items on the National Product List

LPL Ordering Code	Short Descriptions	Packaging Detail	Temperature Regime/Type
M099904	K/fisher T/Paste 100ml	Tube, Non Floride	Non-Food
M093375	Faith/Nat A/Vera Soap	Cellophane/ Paper	Non-Food
M095776	Weleda Deodorant 30ml	Glass	Non-Food
M095777	F/Nature A/Vera Cond	Plastic	Non-Food
M093406	G/Fruit A/Vera Shamp	Plastic	Non-Food
M095775	Bio-D Non Bio Wash Powder	0	Non-Food
M095774	Bio-D Nat Wash Up Liquid	0	Non-Food

M096015	Suma Soya Spread 500g	0	Chilled
M092844	Cheezly White Ched	Plastic	Chilled
M092831	Alpro Soya Milk Sweetd 250ml	Carton	Ambient
M092989	Soleil Soya Milk Unsweet 1L	Carton	Ambient
M096025	Plamil Alt Choc 100g	0	Ambient
M092982	Granovita S/berry Soyage	Carton	Ambient

AAB	Granovita Nut Luncheon 420g	Tin	Ambient
M095896	Suma Super Muesli 500g	0	Ambient
M098778	Malt Raisin Loaf 290g	0	Ambient
M093652	Apricot Flapjack	0	Ambient

ACE	Fruit & Nut Mix 350g	Plastic	Ambient
ACF	Peanuts & Raisins 400g	Plastic	Ambient
ACG	Pitted Dates 250g	Plastic	Ambient
ACH	Tropical Fruit & Nut 350g	Plastic	Ambient
ACI	Brazil Kernels 125g	Plastic	Ambient
ACK	Almonds 150g	0	Ambient

### THE IMPORTANCE OF IODINE IN THE VEGAN DIET

M094726	Kelp Super Tablets 100s	0	Ambient
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Iodine is essential in all diets for the proper functioning of the thyroid gland. The main source for vegans is by consuming seaweed daily, which is impractical in the prison kitchen and unpalatable to most. Therefore it is important that vegans can purchase an iodine supplement [i.e. kelp]. We therefore continue to recommend that this supplement is available on all local listings.

LPL Ordering Code	Short Descriptions	Packaging Detail	Temperature Regime/Type
M100729	Bananas	0	Produce
M097473	Apples Red 4's	0	Produce
M097338	Apples Green 4's	0	Produce
M097099	Granny Smith Apples	0	Produce
M097107	Oranges Medium	0	Produce
M097474	Green Seedless Grapes	0	Produce
M098837	Pears	0	Produce
M097203	Kiwi Fruits	0	Produce
M097149	Lemons	0	Produce
M097153	Limes	0	Produce
M101232	Grapefruits Pink	0	Produce
M097157	Carrots 500g	0	Produce
M094299	Cooking Onions 1kg	0	Produce
M097163	Iceberg Lettuces	0	Produce
M097136	Tomatoes 6's	0	Produce
M097092	Cucumbers	0	Produce
M097482	Garlic	0	Produce
M096614	Mushrooms 250g	0	Produce
M097951	Red Peppers	0	Produce
M097952	Green Peppers	0	Produce
M098054	Fresh Ginger	0	Produce

## Jackie Gourley wins a Special Award



Jackie Gourley  
Diversity Manager  
HMP Send/HMP Downview

"I have been at HMP Send for 6 months now and nominated the Head of Diversity, Jackie Gourley for one of VPSG Awards because of her excellent help and support on vegan issues.

I was able to see her in the first few days after I arrived and immediately was greeted in a friendly and approachable manner. Shortly after our meeting she made arrangements for me to be able to order from the recently approved mail order company Honesty who supply vegan bodycare/hygiene products as well as make-up items. The cleaning products this company stock are so vital in order for me to

be able to keep my cell clean. She also made arrangements for non leather work boots to be provided for me in the gardens and my Holland and Barrett order.

I am confident that Jackie Gourley will address any equal opportunity issue I bring to her attention with her usual efficiency and understanding. She is also highly regarded by other vegan prisoners she has helped and definitely deserves this award for her outstanding work."



Natasha Avery (A5180AA) HMP Send  
(October 09)

## 2007-2009: VPSG working with the Prison Retail Team

Although there were numerous meetings since 1994 to discuss our concerns with several different departments at the Prison Service, there was little movement on the prison shop issue until our meeting with Vincent Godfrey's team in 2007.

During this meeting verbal assurances were given that their aim was to ensure equal opportunities in Prison Shops for all minority group prisoners.

Over the last two years there have been regular meetings with Charlotte Dodden (Regional Procurement Manager), Sarah Haverson (Head of Prisoner Retail) and Zoe Brewin (Senior Procurement Category Manager) as well as DHL on this issue.

In order to facilitate equal opportunities, a selection of specialist vegan items has been added to the full National Product List (see page two). In addition, two new mail order catalogues have been approved through the Catalogue process.

Meetings will continue between VPSG/Vegan Society and the teams at Retail, Procurement and the Contractors to discuss the specialist requirements of vegan prisoners.

## About our Special Awards

Diversity Manager, Jackie Gourley won her Special Award this year for her efforts to ensure facilities were in place for vegan prisoners at both HMP Send and HMP Downview.

Jackie Gourley was nominated by Natasha Avery (see above), a prisoner at HMP Send, who requested her help on various minority group issues. Natasha wrote to VPSG to query why awards were only presented to Catering Departments.

We gave this some thought and decided to offer two new Awards each year: one to either the Diversity Manager or the Prison Shop Manager who ensures vegan prisoners are not disadvantaged, the second award will be for the Visits Room that caters the best for vegans.

This year, The Downs Visitors Centre was nominated by Gerrah Selby, a prisoner at HMP Downview who felt visits should be something special. Many of her visitors had travelled a long way to see her, to find there wasn't anything for them to purchase to enjoy during the visit, so she decided to contact the VPSG to bring this to the attention of the volunteers at the shop.

Soon after vegan items started appearing on the shelves and Gerrah felt they should be nominated for a Special Award.

Well done Downs Visitors Centre - you deserve your Special Award!

THE DOWNS VISITORS CENTRE at HMP Downview won our 1st VISITORS CENTRE AWARD after being nominated by Gerrah Selby, A2014AD. Her nomination reads as follows:

"The visits shop here in HMP Downview now has an amazing stock of vegan food available. They sell everything from soya milkshakes to Alpro Soya desserts as well as an assortment of vegan chocolate from Organica and the Free From range. They really do deserve an award for providing such a great variety of vegan snacks. A massive thanks to the VPSG for all their help and to all staff and volunteers at Downview visitors centre who made this possible."  
(September 09)



Gerrah Selby (A2014AD)  
HMP Downview (September 09)



## Prison Issue Toiletries Suitable For All Prisoners Including Vegans

- |  |  |
|--|--|
| 513023 Toothpaste Fluoride (Sejem/Freshmint) 50 ml   | 513033 Shaving Gel Alcohol Free (Forest) 175 ml    |
| 508623 Toothpaste (Lane/Paris) 2 gm                  | 508620 Shaving Cream Sachet (Lane/Paris) 5 ml      |
| 513015 Shampoo Sachets (Lane/Paris) 12 ml            | 513021 Deodorant Roll-on (Pampered/Ice Blue) 50 ml |
| 513032 Hair & Body Wash Alcohol Free (Forest) 100 ml | 508622 Toothbrush Disposable                       |
| 508639 Bath & Shower Gel Sachet (Lane/Paris) 7 ml    |  |



Code: 102027  
Boot Safety Toe & Mid D-Ring  
Chukka Wat Out Black



Code: 102026  
Shoe Safety Microfibre Wat  
Out Slip On Black S2



Code: 102022  
Boot Safety Comp Aimont  
Grippa White Wat Out  
Scholl I



Code: 102023  
Shoe Safety Comp Aimont  
Grippa White Wat Out  
Scholl I



Code: 143672  
Shoe Safety Four Eyelet  
Tie White Wat Out



Code: 142029  
Boot Safety Slip-On White  
Wat Out Non-Leather



Code: 102086  
Shoe Safety Slip-On  
White Wat Out Non-  
Leather

Greenham Trading can provide Safety Boots [shown above]. However, currently there are no trainers for gym use or casual wear listed. Permission for such mail order purchases from the following companies needs to be made through a Complaints/Request Form:

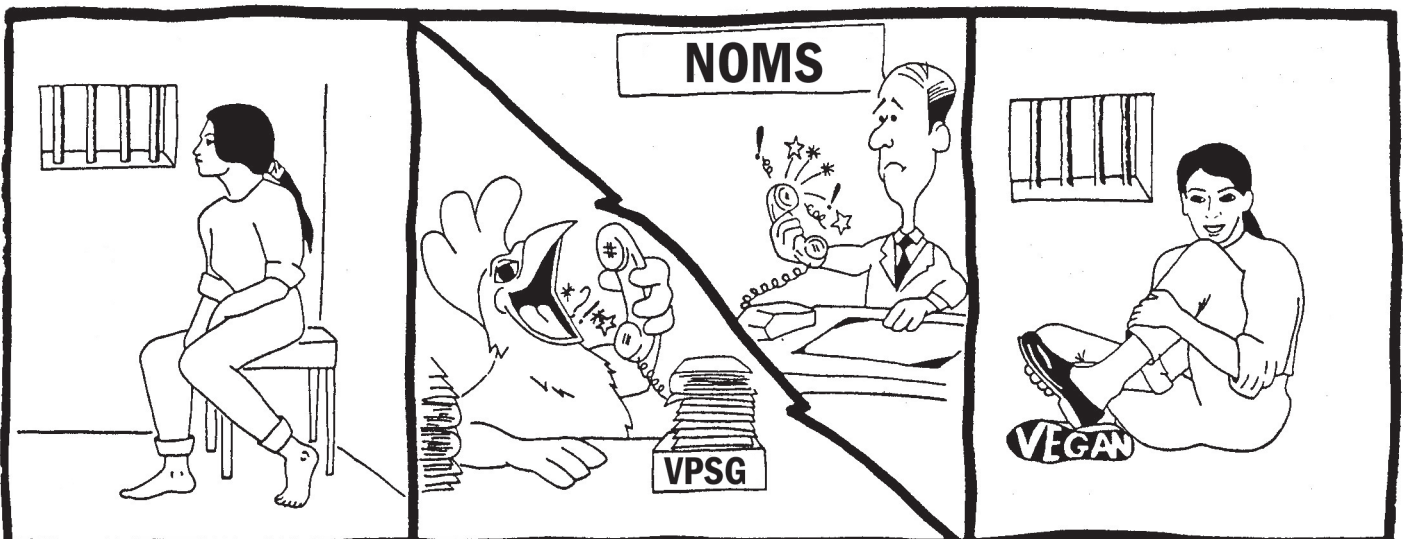


Vegetarian Shoes  
12 Gardner Street  
Brighton BR1 1UP  
Tel: 0127 369 1913  
www.vegetarian-shoes.co.uk

**ethicalWARES**

Ethical Wares  
Caegwyn, Temple Bar, Felinfach  
Ceredigion SA48 7SA  
Tel 0157 047 1155  
www.ethicalwares.com

Currently each time a vegan prisoner requires new trainers for gym use or casual wear, special permission needs to be applied for and then if approved is arranged through Finance Departments from Prisoners Monies via a cash disbursement. However, our research shows that vegan prisoners usually need to contact our office for assistance in gaining the necessary permission.





# Vegan Prisoners Support Group

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To: All Catering Managers/Visitors' Centres

News-sheet No:16

November 2011

## VPSC/Vegan Society Awards 2011 Catering Awards

To be nominated for one of our Awards, prisons need to follow our basic nutritional recommendations listed in our Catering Information Guide, which includes providing every week: 3½ L fortified soya milk (in order to provide sufficient Calcium and B12); 200g (7oz) mixed nuts and seeds; 255g (9oz) mixed dried fruit/raisins; 255g (9oz) muesli with oats and 14-21 pieces of fruit (comprising of 3 bananas and at least one citrus fruit/day).

### GOLD STAR-PLUS

HMP Coldingley

Catering Manager Paul Rowling and team

HMP Coldingley is the first public prison to win our Top award for their efforts in providing their vegan prisoners with equal opportunities. The nominee's comments below outlines why this prison has won one of our Gold Star-Plus awards.

*"I have nominated this prison for an award as the food is very tasty, varied and healthy. I also appreciate all the time and effort taken to make sure I am provided with my nutritional requirements. I am also grateful for being able to purchase vegan products via mail-order and that the Visitors Centre has taken the trouble to make vegan products available for my visitors to purchase."*

The menu choices include: homemade Cornish pasties, moussaka, nut roast, chickpea paella, bean and vegetable pilaf, lentil cutlets, bean and lentil patties, split pea pakoras, stuffed aubergine and brown rice risotto. They even make their own vegan mayonnaise.

### GOLD STAR-PLUS

HMP Bronzefield

Catering Manager Jamie Gibson and team

HMP Bronzefield have been nominated once again, and now even provide a choice of two vegan meals daily. Their Prison Shop and Visitors Centre are well stocked with vegan products, which is why they have earned themselves one of our Gold Star-Plus awards.

Popular lunchtime choices are mixed bean and olive salad, vegetable and pesto pasta and chickpea salsa. Amongst the main meals are spinach and mushroom pasta, mixed bean stew, pesto bake, peanut, coconut and vegetable curry, chickpea curry, vegetable biryani and green lentil dhal. Fresh fruit and soya yoghurt is available every day.

The Prison Shop has three chocolate treats for sale: Organica Bars, Whizzers and Moo-free chocolate drops, and a well-stocked supply of vegan toiletries.

For details of their Visitors Centre award see page 3!

### GOLD STAR AWARD

HMP Stafford

Catering Manager Barry Bramhall and team

HMP Stafford's standards have remained constant over the years as well as being diverse and inventive, and this has earned them one of our Gold Star awards this year.

*The nominee said: "I would like to commend the catering team at HMP Stafford for the excellent cuisine. The vegan menu is appealing and diverse as I am able to choose from at least two vegan options at lunchtime. Care and attention is given to presentation and the combination of ingredients. The Indonesian salad with peanut butter dressing and borlotti bean and walnut salad are really tasty and popular with many other non-vegan prisoners too. Desserts are varied and really appreciated."*

Some of the other lunchtime choices are green lentil salad, baked sweet potato and spicy beans, vegan ploughman's, aubergine and chilli baguette.

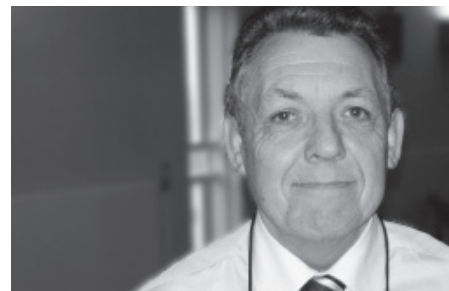
Some of their main course dishes are butternut squash lasagne, tofu catalan, tofu tomato and leek casserole, butternut squash and almond cottage pie.

Desserts include apple turnovers, prune and apricot crumble, rhubarb crumble, coconut and sultana rice pudding, peach strudel and sauce, stuffed baked apples, poached pears and sauce, fruit pancakes and vegan yoghurt.

The vegan packs also include vegan cheese or peanut butter, walnuts and almonds, dried and fresh fruit as well as sunflower and sesame seeds.



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Barry Bramhall, HMP Stafford Catering Manager.

### Vegan Choice - the Healthy Option

by Barry Bramhall

I am always on the look out for healthy options to put on the prison menu. I am constantly trying to promote nutritious and tasty alternatives to prisoners. They perceive low fat is low taste and boring. I was checking out my vegan options for the new menus and realised that of course they ticked all the boxes for healthy options. I opened the vegan choices to all prisoners and found that the uptake was quite good. After a couple of months the vegan meal has become a firm favourite with non veggies too. I have 14 vegans at the moment and I have between 50 – 70 requests for vegan choices. I am sure some of them pick the vegan choice without realising exactly what vegan stands for, but it opens up a discussion with some vegans and who knows, there maybe some converts!



Dave Clough, Isle of Wight Prisons

Dave was one of the first catering managers to produce a vegan pudding and worked extremely hard to provide equal opportunities for vegan prisoners. Dave was always there at the end of the phone to offer us help/advice. If there was a question we needed help with he was always there and never turned us away even when he was short-staffed. Thanks Dave, you will be missed by us all here at the VPSG.

## GOLD STAR

HMP Isle of Wight Prisons

Catering Managers Nigel Spiers, Paul McDougall and team

HMP Isle of Wight prisons have earned themselves yet another Gold Star Award this year.

The nominee said: *"The standards of my meals remain high and the meals tasty. I appreciate all their efforts to provide me with my vegan requirements."*

The Baguettes are often filled with homemade hummus, roasted vegetables and various pâtés.

Some of the popular main courses are African stew, spinach and tofu lasagne (see page 4) and chickpea and vegetable tagine.

Popular desserts are their homemade bread pudding, semolina, rice pudding and apple and rhubarb crumbles.

## GOLD STAR

HMP Guys Marsh

Catering Manager Steve Butler and team

Baguettes are very popular, filled with their home-made tzatziki made with soya yoghurt, cucumber, thin strips of beetroot, baby leaves, minced garlic and seasoning. Some of their other fillings are hummus, roasted peppers and onions, bean pâté (which has a blend of 3-4 different types of beans), blended with fresh herbs from their kitchen garden. At the moment they are even trialling their own nut butter.

They also roast peppers with celery, leeks, potatoes, garlic and fresh herbs. Salads are served in foil containers so they don't make the baguette go soggy\*.

Main courses include homemade nut roast, spinach and roasted peanut cakes with a herb and tomato sauce, roasted garden vegetables and satay sauce, vegetable jambalaya, lentil and herb croquettes, chickpea patties and lentil pies. Their vegetables offered include Pak Choy, spinach and savoy cabbage.

\*(Good idea as we frequently receive complaints from prisoners at various prisons complaining about soggy sandwiches being offered.)

## 2nd year award

HMP Wandsworth

Catering Manager Neil Tyson and team

The nominee commented: *"the vegan choice is varied and includes lentils and beans dishes, which I always choose. One of my favourites is the pearl barley, pea and rocket salad."*

Other choices include tofu and sweet chilli wrap, fruit and nut couscous, harvest barley soup and cauliflower wrap. Some of the tasty main course dishes are tofu keema (recipe on page 4) roast sesame and vegetable roll, butter bean

casserole, butternut squash with tofu and almonds, lentil wellington, Caribbean stew, Tahitian banana and vegetable curry, curried chickpea and cauliflower salad and spicy tofu and rice pilaf.

## 1st year award

HMP Kennett

Catering Manager David Thompson and team

The vegan options include many home-made dishes, such as their split pea and lentil, leek and potato, and mushroom soups. Other choices are: pizzas topped with mushroom, courgettes and tofu, vegetable and tofu stir-fry, chickpea and vegetable bake, creamy leek in pastry parcel, vegetable korma, and cauliflower and broccoli mornay.

Some of their popular mainstays are vegan sausage casserole, bubble and squeak, vegan shepherd's pie and vegan bolognese sauce on spaghetti.

The rice pudding made with soya milk is always popular and they are currently even working on a vegan version of Manchester tart. Vegan yoghurt is also provided at weekends.

## 1st year award

HMP Eastwood Park

Catering Manager Kevin Brockway and team

Many homemade dishes are produced such as hummus, vegetable and bean pâtés, vegetable and tofu pie, vegetable stroganoff, creamy broccoli and cauliflower bake, lentil and mushroom bake, cottage pie, mushroom and vegetable pie, vegetable crumble, creamy soya and broccoli pasta, as well as tofu and vegetable stir-fry.

Vegan packs include soya yoghurt, dried fruit, nuts, oat biscuits and vegan cheese.

The nominee said: *"I am so grateful for all the effort they put into making the vegan option something to look forward to at mealtimes."*

## 1st year award

HMP Drake Hall

Catering Manager Jane Wright and team

One of their popular baguette fillings is Roasted Tofu and Red Pepper, which is marinated in ginger and soya sauce overnight before being roasted and chilled. A few of the other lunchtime choices are butter bean, hummus and carrot wrap, beetroot and hummus wrap, and peanut butter hummus wrap.

Amongst the main courses are roasted vegetable and tofu tarte tatin (see page 4), lentil, barley and spinach pie, lentil and vegetable hot pot, stuffed peppers with beans and tofu, courgette and couscous gratin, bean burrito, vegetable and lentil korma, vegetable and bean

ragout, and chilli sin carne.

## 1st Year Award

HMP Lewes

Catering Manager Dan Smith and team

Winners of last year's Yuletide competition with their Vegan Wellington, they have won their first award this year. Some of their dishes are vegetable and lentil soup, carrot and lentil wrap, vegetable and bean wrap and mixed bean rolls. Main courses include bean risotto, vegetable and bean paella, braised pepper, kidney beans and mushroom rice, savoury vegetable and bean roast, mushroom and pepper stroganoff, mixed bean pasta bake and peppers (stuffed with couscous, nuts and red peppers).



## Another Special Award for

Tony Charlton, Catering Manager at HMP The Verne

Tony Charlton continues with his efforts to ensure equal opportunities for vegan prisoners. He is even making his own nut roast as 3663 are unable to provide one that is suitable for vegans.

He also makes sure that when his vegan prisoners have visitors, there are nut luncheon rolls available for purchase as well as checking there is soya milk and drinks, Nakd Bars, Organica chocolate bars and other vegan items on sale.

The nominee said: *"it is so much appreciated that my family are able to buy vegan products during visits. One of the first things my children ask when they come to visit is have they been able to make those tasty baguettes today?"*



*I can confirm that the 3663 mince pies codes 83451 (Everyday Mince Pies) and 50298 (Deep Fill Mince Pies) are suitable for vegans.*

Theo Anjorin, Food Category Team





## Visitors Centre Awards

**HMP Littlehey's Visitors Centre** has won one of our awards. They stock dairy-free chocolate bars, Swiss dark chocolate bars, and also Berry Cheeky, Coco Loco and Ginger Bread Nakd bars. They also stock strawberry and chocolate soya drinks.

**The Downs' Visitors Centre** has won another award this year as they continue to provide a variety of vegan goodies including dairy-free chocolate and white buttons, strawberry and chocolate Alpro soya drinks, and Alpro strawberry and vanilla desserts. They even managed to source a vegan cake for one of their prisoners this year!

**Coldingley's Visitors Shop** has won another award this year as they continue to stock a variety of vegan confectionery, such as the Organica range of goodies, Alpro soya drinks, fresh fruit and flapjacks.

**Friends of Bronzefield** wins yet another award. The nominee says: *"the visitors shop is fantastic and there is always a well-stocked variety of vegan goodies – Whizzers, chocolate buttons, Nakd bars, free-from chocolate bars, Organica chocolate, marzipan bars, and Doves Farm chocolate crisp bars. It makes visits great!"*

## Easy Guide to help you provide a healthy nutritional vegan diet

Provide plenty of brightly coloured fruit and vegetables including dark green leafy vegetables. Examples:

**GREEN** - Green leafy vegetables and broccoli have special characteristics, in particular high levels of vitamin K which may improve bone health. Other green vegetables include brussel sprouts, cabbage and kale.

**ORANGE** - Carrots are an excellent source of beta carotene. This is better absorbed if the carrots are cooked or juiced. Other orange fruits and vegetables include butternut squash, sweet potatoes, apricots and mangos.

**ORANGE/YELLOW** - These cousins to the orange family are rich in beta-cryptoxanthin, an antioxidant understood to protect cells from damage: carrots, mango, oranges, peaches and tangerines.

**RED** - Tomatoes are a good source of lycopene. This antioxidant is better absorbed from processed tomato products and cooked rather than raw tomatoes.

**RED/PURPLE** - Foods include: aubergine, blackberries, blueberries, deep purple grapes, purple plums, red apples, red cabbage, red onions and strawberries.

**YELLOW/GREEN** - Foods include: celery, courgettes, green beans, green and yellow peppers, kale, kiwi, leeks, oranges, peas, romaine lettuce, spinach, spring greens and sweet corn.

**WHITE/GREEN** - Foods include: Garlic, onions, celery, leeks and mushrooms.

### As well as providing:

- Plenty of beans and lentils (TVP too although not more than 2/3 times weekly)
- Nuts and seeds as they are a good source of vitamins, minerals, protein and EFA's.
- In addition provide 3 ½ litres of fortified soya milk to provide calcium and B12 sources.

**Iodine** is important for the proper functioning of the thyroid gland which should be made available on canteen sheets for prisons to purchase Code: M108915

## Ministry of JUSTICE Procurement - 'Monthly Food Report June 2011'



*Catering Managers are reminded that if any product on the list is not available on our catalogue (on the intranet), then it should be ordered via the non-catalogue request route.*

Theo Anjorin, Food Category Team

## The Importance of Protein by Rebecca Henderson, Advocacy Officer at The Vegan Society



Protein is used by the body for growth and repair. Consuming sufficient protein is essential for health. It is therefore important to include good sources of protein in your vegan menus.

Pulses are a great source of protein in vegan diets. This includes: beans (such as black-eyed beans, butter beans, cannellini beans, chick peas, haricot beans, kidney beans), and soya products, such as tofu and soya mince. Regular moderate use of nuts is recommended for good health and they can contribute to overall protein intake. Yet as a source of protein, they are not comparable to pulses.

A balanced food intake should include a protein element. To ensure that an individual meal is balanced, check that it includes carbohydrate, protein and vegetables. Avoid falling into the trap

of serving meals that only consist of carbohydrates and vegetables. Include a good source of protein as well. You should also aim to vary the protein rich foods that you provide to ensure that prisoners receive a wide range of nutrients.

In terms of the amount of protein that you should be serving, the UK Reference Nutrient Intakes for protein are approximately 55g for men and 45g for women. Vegans may have slightly higher protein requirements to allow for differences in digestibility between some plant proteins and animal proteins.

To give you an idea of the quantity of protein-rich foods that you ought to be serving, the following foods all contain 20g protein:

Green lentils 40g (dry weight)

Red lentils 40g (dry weight)

Soya mince 60g (dry weight-depending on brand)

Tofu 100-200g (depending on brand)

Kidney beans 290g (tinned and drained)

Frozen peas 280g

Baked beans 400g

Aim to serve at least 20g of protein from pulses every day. This includes soya and products made from soya.

These are some ideas for how to include more protein in your vegan meals:

- When cooking pasta dishes, do not just serve them with a tomato sauce. Instead try making a lentil or soya bolognese.
- When making stir-fries, you should avoid just serving vegetables with rice. Try stirring in cooked beans or lentils or tofu.
- When it comes to sandwiches, rather than just serving a salad roll, include some protein as well. This might be humous, butter bean pâté, or you could experiment with one of the delicious, protein rich sandwich filling recipes in VPSG's Sandwich Filling booklet.  
(VPSG comment 'don't forget the nuts and seeds too!')

# The Wonders of Tofu

Tofu, (also known as Soya Bean Curd), is a great food. It is high in protein. It is very low in saturated fats and is cholesterol-free. If it has been set with calcium, it can also be a good source of calcium. For centuries it has been the staple food for

millions of people in Asia. While it is possible to spend years perfecting the art of tofu making, it is equally possible to make tasty tofu on your first attempt.



## Spinach and Tofu Lasagne

by HMP Isle of Wight

Ingredients	serves 10
vegetable oil	as required
onion, finely chopped	2
garlic, crushed	1 clove
peppers, chopped	2
mushrooms, chopped	200g (7 oz)
tinned tomatoes, chopped	400g (14 oz)
tomato purée	30g (1 oz)
vegan vegetable stock	1.13 L (2 pints)
tofu, diced (each box = 349g)	3 boxes (2 lb 5 oz)
spinach, roughly chopped	2 bunches
vegan margarine	115g (4 oz)
flour	70g (5 tbsp)
soya milk	1.13 L (2 pints)
salt and pepper	to taste
egg free lasagne sheets	20 sheets

Preheat the oven to 180°C/350°F/Gas 4.

Heat oil and fry onions, garlic, peppers and mushrooms until soft. Add tomatoes, tomato purée and stock. Simmer for 15 minutes. Stir in tofu and spinach.

Make white sauce using margarine, flour and soya milk. Season.

In an ovenproof dish layer lasagne sheets with sauces, finishing with a layer of white sauce. Bake for approximately 30 minutes.

## Tofu and Mushroom Scrambler

Ingredients	serves 6
silken tofu	600g (21 oz)
vegetable oil	15ml (1 tbsp)
spring onions, finely chopped	115g (4 oz)
garlic	1 large clove
green pepper, finely diced	115g (4 oz)
mushrooms, thinly sliced	115g (4 oz)
frozen peas, defrosted	55g (2 oz)
soya sauce	15ml (1 tbsp)
fresh parsley, finely chopped	15g (1 tbsp)
turmeric	2½g (½ tsp)
salt and black pepper	to taste

Drain tofu, crumble and set aside.

Heat oil and gently fry the spring onions and garlic until soft. Add the peppers and mushrooms and sauté until tender. Add tofu and continue to cook for 5 minutes, stirring frequently. Add peas, soya sauce, parsley and turmeric and stir for a few minutes. Season.

Serving suggestion: Serve with rice, pitta bread or tortilla.

## Tofu Keema by HMP Wandsworth

Ingredients	serves 4	serves 10
vegetable oil	15ml (1 tbs)	45ml (3 tbsp)
onion, chopped	115g (4 oz)	285g (10 oz)
garlic, crushed	1 clove	2-3 cloves
coriander	5g (1 tsp)	12½ g (2½ tsp)
cumin	5g (1 tsp)	12½ g (2½ tsp)
chilli	5g (1 tsp)	12½ g (2½ tsp)
turmeric	5g (1 tsp)	12½ g (2½ tsp)
garam masala	5g (1tsp)	12½ g (2½ tsp)
potatoes, thinly sliced	200g (7 oz)	500g (17½ oz)
tomatoes, chopped	400g (14 oz)	900g (32 oz)
vegan vegetable stock	200ml (7 fl oz)	500 ml (17½ oz)
tofu, cubed	200g (7 oz)	500g (17½ oz)
frozen peas, defrosted	115g (4 oz)	285g (10 oz)
salt	to taste	to taste

Heat oil and fry onion and garlic until soft. Add spices and cook for a few minutes. Add the potatoes and cook for 5 minutes, stirring frequently. Add tomatoes and stock, bring to the boil, then reduce and simmer until potatoes are soft. Add tofu and peas and cook until sauce thickens. Add salt to taste.

## Roasted Vegetable Tarte Tatin

by HMP Drake Hall

Ingredients	serves 5
tofu	200g (7 oz)
garlic, crushed	1 clove
paprika	2½g (½ tsp)
soya sauce	45ml (3 tbsp)
celery, chopped	2 sticks
parsnip, cut into 2½cm (1") batons	1 small
courgette, cut into 2½cm (1") batons	1 medium
green or red pepper, sliced	1
onion, sliced	1 small
vegetable oil	30g (2 tbsp)
fresh parsley, chopped	15g (1 tbsp)
salt and black pepper	to taste
puff pastry	100g (3½ oz)

Marinate tofu overnight in garlic, paprika and soya sauce.

Preheat oven 200°C/400°F/Gas 6.

Toss vegetables in olive oil and mix in parsley.

Place in an ovenproof dish 30x20cm (12 x 8") and bake in oven for approximately 10 minutes. Season. Allow to cool.

Roll out pastry and place on top of vegetables. Bake for approximately 25-30 minutes until the pastry has puffed and golden brown.

See the insert for Moussaka by HMP Coldingley and some tasty baguette fillings recipes.